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JOHNNY JUNKFOOD IN THE 21st CENTURY

Length: 27 minutes

DVD SUPPORT NOTES

Prepared by Video Education Australasia, 2007

JOHNNY JUNKFOOD IN THE 21st CENTURY

FOR TEACHERS

Introduction

Following the great popularity of the animated series *Johnny Junkfood* in the 1980s, Johnny returns in the 21st century. Set in the reality-TV-show-land of “Eating Yourself to Death”, Johnny, along with sister Jailey and mum Joelene, learns vital lessons about nutrition. With the help of nutrition guru Tahini Rose, they explore:

- ? nutritional requirements, what our body needs
- ? healthy eating principles, including the healthy eating pyramid
- ? shopping choices, and
- ? getting into good eating habits

Fast-paced, informative, and funny, *Johnny Junkfood in the 21st Century* is a must for the new generation of eaters!

Outline of Programme Content

The programme deals in turn with the following topics:

- ? **Food choices** – influenced by a **variety of factors**: time and cost, habit, likes/dislikes, convenience and availability, emotions, advertising, early experiences and cultural background, health issues .
- ? **Nutritional requirements** –vary according to numerous factors, including **age, gender, body size, activity levels**; dietary roles and sources of **carbohydrate, protein, fats, vitamins/minerals** , and **fibre**.
- ? **Diet and health issues** – causes of **lifestyle diseases** prevalent in Western society; benefits of exercise.
- ? **Healthy eating models** – based on the **five different food groups** .
- ? **Healthy alternatives** – choose a **variety of healthy foods** ; read **nutritional labels** on packaged foods.

Programme Timeline

00:00:00	Introduction
00:01:05	Chapter 1: Food choices
00:05:21	<i>Summary - Food choices</i>
00:06:03	Chapter 2: Nutritional requirements
00:12:06	<i>Summary - Nutritional requirements</i>
00:12:46	Chapter 3: Diet and health issues
00:17:38	<i>Summary - Diet and health issues</i>
00:18:05	Chapter 4: Healthy eating models
00:20:59	<i>Summary - Healthy eating models</i>
00:21:28	Chapter 5: Healthy alternatives
00:25:21	<i>Summary - Healthy alternatives</i>
00:26:00	Conclusion
00:27:03	Credits
00:27:40	End

STUDENT WORKSHEET

Before Viewing the Programme

1. Before viewing this programme students should have:
 - ? A basic understanding of the five key food groups.
 - ? Some understanding of food models. E.g.: Guide to Healthy Eating, Healthy Eating Pyramid or the Five Food Groups.
 - ? An awareness of convenience foods and their nutrient density in relation to fat, sugar and salt.
2. Undertake a classroom discussion on Western lifestyle diseases.
3. As a class, brainstorm factors that affect the foods we choose. - e.g. family, likes/dislikes, time, money, location (at school/at home).

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While Viewing the Programme

1. What does obese mean?

2. a) What are Johnny and Jailey having for breakfast?

b) What will Johnny have for lunch?

c) What will Johnny have for dinner?

3. What is a factor that could influence food choice?

4. List five of the foods found in the Junk Kitchen.

a.

b.

c.

d.

e.

5. What reasons are given for having these foods?

6. List the 12 factors given that influence food choice.

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7. What are butter and dairy spreads high in?

8. What are some of the other spread options given by Tahini Rose?

9. How do individual nutritional requirements vary?

10. When do nutritional requirements reduce?

11. What are the four major nutrients required for a healthy body, and what are their functions?

12. a) What are complex carbohydrates?

b) What are simple carbohydrates?

13. What are examples of good fats?

14. What nutritional requirements are necessary for teenagers?

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15. Why are water and fibre essential in our diets?

16. What did Johnny's dad die from?

17. a) What are many Western diseases directly related to?

b) They can also be classified as _____

18. a) How much exercise do we need each day?

b) What can exercise help prevent?

19. a) What is heart disease?

b) What contributes to it?

20. What factors are strongly connected with Type Two Diabetes?

21. Why are insulin injections needed?

22. What causes tooth decay?

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23. If Johnny makes changes to his diet and lifestyle, what could it help him prevent?

24. What are the five groups that are used in most food models?

1.

2.

3.

4.

5.

25. What are some simple food choices that Johnny has made that will improve his diet?

After Viewing the Programme

1. Make a list of the types of junk/ convenience foods found in the Junk Kitchen. Discuss why these foods are not good every day choices and should only be occasional foods.

2. Using the list of foods generated from the Junk Kitchen, identify some new alternatives that would be healthier choices in our day to day diet, e.g.: frozen pizza – pitta pizza with fresh vegetables and low fat cheese, potato crisps – low fat pretzels etc...

3. Research the different types of fats found in the foods we eat - e.g.: saturated, unsaturated, mono-unsaturated, trans fat. Identify good fats and bad fats and what sources these fats come from –plant or animal.

4. In small groups research a type of lifestyle disease.
 - a) What is it?
 - b) What causes it?
 - c) What foods should be avoided and included in diet?
 - d) Best way to prevent the disease?

Each group to present their findings to the class.

5. Use the information and knowledge you have gained from the video in conjunction with the recommendations from one of the food models to plan a menu for an adolescent for one day's food intake, this should include breakfast, lunch, dinner and snacks.